

real food WITH

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- 1 zucchini, cut into ½-inch slices
- 1 red bell pepper
- 1 red onion
- 1 pint cherry or grape tomatoes
- 1 pound baby gold or red potatoes
- 8 oz fresh green beans, trimmed
- 1 small yellow onion
- 1 shallot
- 1 lemon
- 1–2 limes
- 2 heads garlic
- Fresh ginger, 2 teaspoons (or ginger paste)
- Fresh parsley, 1 bunch
- Fresh basil, 1 bunch
- Fresh dill, 1 tablespoon
- Fresh cilantro, 1 bunch

MEAT/ PROTEIN

- 1 pound chicken breasts
- 1 pound boneless, skinless chicken thighs or breasts
- 1–1¼ pounds salmon fillets
- 1 pound sirloin steak
- 1 pound large shrimp

DAIRY/EGGS

- Unsalted butter, 4 tablespoons
- Heavy cream, ⅔ cup
- Feta cheese, ¼ cup crumbled
- Shredded cheddar or Monterey Jack, ½ cup
- Parmesan cheese

PANTRY

- Coconut aminos or soy sauce, ⅓ cup
- Apple cider vinegar, 1 tablespoon
- Sesame oil, 1 teaspoon
- Honey, 2 tablespoons
- Cornstarch, 1 tablespoon
- Kalamata olives, ½ cup pitted
- Artichoke hearts, ½ cup diced — canned or marinated
- Rigatoni or penne pasta, 8–10 oz
- Tomato paste, ½ cup
- Vodka, ½ cup
- Calabrian chili paste or red pepper flakes
- Low-sodium chicken broth, 1½ cups
- Fire-roasted diced tomatoes, 14.5 oz can
- Green chiles, 4 oz can
- Black beans, 15 oz can
- Frozen corn, ½ cup
- Jasmine rice, 1 cup

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- Chili powder
- Ground cumin
- Smoked paprika
- Dried oregano
- Garlic powder
- Onion powder